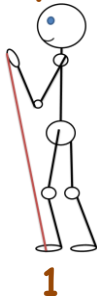


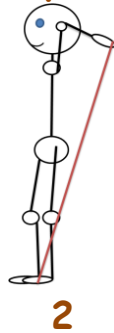
# DICE CRAZE

## Resistance Bands

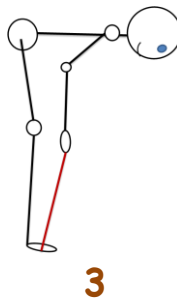
Bicep Curl



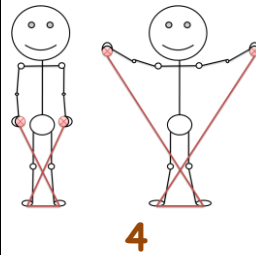
Tricep Press



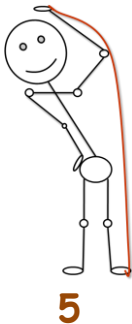
Bent Over Row



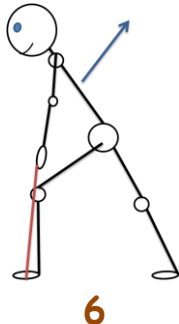
Cross Lateral Raise



Side Bend



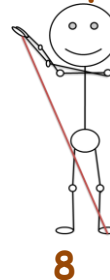
Inclined Row



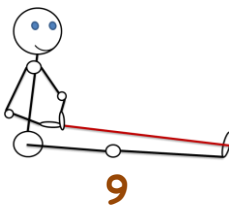
Tricep Kickback



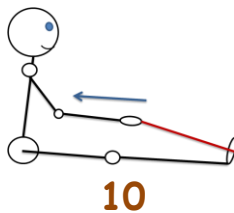
Chop



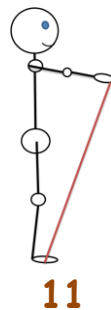
Trunk Twist



Seated Row



Front Raise



Side Lateral Row

